



## *Mr. Elias Barcha*

When students proceed to Middle School from Elementary School, quick changes in their environment occur, which may cause different behavioral and socio-emotional problems. A second transition will happen by the end of Grade 8, and the students will move to the High School where all new concepts will be introduced to them. My goal as a counselor is to help these students in adapting to their new environment, perform their best on all levels, especially socio-emotional, and to prepare them for their transition to the High School.

After obtaining my Bachelor's degree in General Psychology in 1999 from the "University of Saint-Esprit de Kaslik - USEK, Lebanon, I worked for one year with special needs students in Lebanon. Then I got my Masters Degree in Clinical Psychology from the same university in 2001. I worked for 3 years in Lebanon and came to Kuwait at the end of 2003. During the 16 years in Kuwait, I had the opportunity to be working with all different ages of students, from special needs, to resource inclusion, then with vocational students, to be finally counselor in school and universities.

Sixteen years in Kuwait helped me to merge with the Kuwaiti people and society. I could learn the Kuwaiti dialect, adapt with the regional Gulf culture and communicate with different age levels.

Come to the counselors, **"We are all ears"**



## Ms. Janel Wilder

Middle School is a time for student growth, discovery and independence. As the School Counselor for 7 (DEFG) and 8th grade it is a privilege to help guide the students and parents at BBS through the challenges that may arise during the year. My objective is to build healthy relationships with continued learning and the development of values, character strengths, positive relationship skills, and healthy decision making.

I received my Bachelor's in Psychology in 1998 from the University of Las Vegas, Nevada. While working on my bachelor's degree I became a mental health technician assisting children with behavior and mental challenges for the State of Nevada Childhood and Family Services. In 2003, I received my MAEd. in Educational Counseling at the University of Phoenix in Las Vegas, Nevada. In 2012, I received my teaching certification in general education EC-6th grade and special education EC-12th grade in Austin, Texas.

I am a Licensed School Counselor K-12 grade and a member of the American School Counseling Association (ASCA). As a School Counselor I have had the pleasure of working in Nevada, Texas, Kuwait and Thailand.

Growing up overseas, I spent my childhood in Saudi Arabia, Peru, Pakistan, and United State and have a clear understanding of the challenges that come with moving to other countries

and schools. During my time overseas, I had such wonderful experiences traveling the world and gaining new perspectives on the countries I lived in and visited. As a young adult, I had the honor and privilege of graduating from an international school and look back on that time with many good memories of my peers and teachers.

## **Middle School Counseling Office**

The Middle School Counseling Office consists of two counselors working with 6-8 grade. We work together with the school community to help create a safe and positive environment for all students where we help prepare students social/emotionally, academically, and for life beyond school.

School Counselors are involved with the admissions process by meeting new students to help them choose electives and answer any of their concerns. We help new students settle into the school community through monitoring friendships, check-ins, and new student lunches.

During the year the school counselors may respond to the needs of students through a small group approach. Bringing students with similar needs together in small groups is another way we help our students with social/emotional skills, study skills, friendship groups or other areas of concern that may arise. These groups are offered by invitation and obtaining parent permission.

School Counselors respond to referrals from students, parents, teachers and administrators in order to address concerns during the school year. Counselors may work with a referred student individually, on an ongoing basis, with a goal or concern throughout the school year. Confidentiality is assured to our students unless the student is at risk of any harm to themselves, others or if others are causing harm to them.

## **BBS Middle School Counseling Referral Process**

The google referral form can be found on the school website under Middle School - School Counseling Office. The google referral form is to be filled out by students and parents in order for counselors to address their concern(s) unless the student is in crisis and needs immediate

attention. School Counselors will check the form daily and will email student(s) through their ***school gmail*** the date and time of their appointment.

Middle School Counselors are responsible for addressing and supporting the following student concerns:

- Peer relationship concerns
- Family concerns
- Personal concerns
- Child safety concerns
- Transition (6th graders and new students)
- Motivational concerns
- Test anxiety
- Mental health (sadness/ depression, stress/ anxiety, and isolation)
- Bullying
- Study skills planning
- Testing strategies
- Educational planning and goal setting

## **Appointment Times**

First Recess: 9:25 - 9:55

Second Recess: 12:05 -12:30

During Music, Art and P.E. or Electives

\*\*\*If necessary\*\*\*